

In the claims:

Please cancel claim 2.

Please amend claim 1 to read as follows (changes shown on attachment):

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1. (Twice Amended) A home trainer designed to accommodate a bicycle, the home

trainer comprising:

a frame;

a brakable drive roll incorporated into the frame, which drive roll is mountable in a friction coupling with a driven wheel of the bicycle;

*B,* a sub-frame provided on the frame that is rotatable about a first pivoting point, the drive roll being mounted in the sub-frame;

a handle provided on the frame and rotatable about a second pivoting point, which handle is adjustable between an operational position in which the handle pushes the sub-frame towards the wheel such that the drive roll and the wheel maintain the friction coupling, and a neutral position in which the handle releases the sub-frame such that the drive roll and the wheel do not engage; and

an adjustable tuning knob proximate the handle for determining the position of the sub-frame in the operational position.

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